

# Larue D. Carter Memorial Hospital

## The Carter Insider



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### Making Halloween a Safe Treat

Dressing up in fun costumes and getting plenty of free candy—what could be better? But as much joy as trick or treating can bring, it can also provide lots of opportunities for danger. Make this Halloween safe for everyone by being safety conscious.

- Help your child choose or make a **safe costume** that is fire-proof with eye holes large enough for good peripheral vision. Make sure it's shortened properly, too.
- If your child carries a prop such as a pitchfork or a knife, make sure the tips are smooth and flexible enough that they **won't cause injury** if fallen on.
- Don't let small children use knives to carve pumpkins. Either have them draw the design that an adult will cut or just have them draw the design on with marker. There are also **stick-on**

**designs** available.

- If you set out **jack-o-lanterns**, be sure they are far enough away from walkways that they won't ignite costumes. Or use battery-powered lights instead of candles.
- Treat your kids to a special, **spooky Halloween dinner** before going out. This will make them less likely to gobble down their candy before you can check it.
- **Don't let young children trick or treat without a responsible adult.**
- Stop only at **familiar houses** or reputable, participating shops.
- Make sure older children are **responsible enough** to go out without an adult. Know the route they will take, and set a **specific time** for them to return.

- Make sure kids understand the **difference between tricks and vandalism.**
- Make sure kids of all ages **carry a flashlight** or glow stick and have reflective tape on their costumes.



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### PERF Prepared for Tough Market

Ongoing news reports regarding the stock market and the struggles of financial firms such as Lehman Brothers, Merrill Lynch, and AIG have caused concern for investors worldwide. This includes many members of the Indiana Public Employees' Retirement Fund (PERF).

While no investor, large or small, is immune from this mar-

ket downturn, PERF members can be assured that the fund's management has, for years, been prepared for the difficult market conditions we face.

The key to being prepared is in a **careful asset allocation** that's designed to protect PERF's portfolio from market downturns. Asset allocation is the process of diversifying in-

vestments among different types of assets, such as stocks, bonds, and cash, to optimize the trade-off between investment risks and rewards. The idea is that when one type of investment is down, other types of investments may be stable or even rise. PERF relies on this long-term investment strategy to manage risk through diversification.

## Joint Commission Releases Sentinel Event Alert



Reports of accidental deaths and overdosing due to **improper use of anticoagulant drugs** have received significant public attention. Anticoagulants have been identified as one of the top five drug types associated with patient safety incidents in the US. The anticoagulants cited most frequently in medication error reports are unfractionated heparin, warfarin, and enoxaparin. These **anticoagulants are the focus of the Joint Commission's Alert.**

Patients under consideration

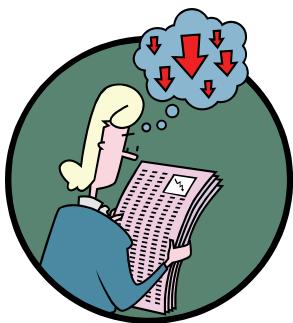
for receiving anticoagulant drugs must be carefully screened for contraindications and drug interactions. While receiving anticoagulants, patients must be monitored closely to ensure effectiveness and to prevent side effects of overdosing. Heparin and warfarin in particular have narrow therapeutic ranges and a high potential for complications. Health care organizations can prevent errors relating to anticoagulants by implementing specific risk reduction strategies. Since the management of

anticoagulants is interdisciplinary, any risk strategies should be implemented by all staff who manage anticoagulants, which can include physicians, nurses, pharmacists, dieticians, and case managers.

Joint Commission guidelines stress improving staff communication and access to information, implementing close pharmacy oversight and involvement, and enhancing patient education. In addition,

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## Weathering the Economic Storm



Wall Street's wild ride is costing Americans more than money—it's costing them a lot of emotional stress. Experts say that in some ways this current crisis may hit closer to home than 9/11 because it directly impacts much larger numbers of people. People are anxious about the future, and this has caused a major up-swing in the number of people who are turning to mental health professionals for help. Frank Farley, professor of psy-

chological studies at Temple University says there are things individuals can do to help themselves during these difficult times:

- Stay calm. People who panic do foolish things. Be careful, but have confidence. We've gone through tough times before and made it. We can make it again.
- Take media reports with a grain of salt. The media

get more attention when they sensationalize the news.

- Maintain your life balance. Eat right, do fun things, rest. Don't let bad news consume your life.
- Re-evaluate. Look at how you manage your money and make changes if you need to. Even doing small things can help you feel more in control of the bigger situation.

## LCH Potpourri



**Gerry Adams,**  
October Employee of the Month

### October's Employee of the Month is Gerry Adams.

Gerry, a Stores Clerk, came highly recommended for the honor.

**LCH welcomes:** Niki Brinker (Housekeeper), Jason Davis (Security Officer), Edwana Frink (Housekeeper), Anita Jordan (Attendant), Dennis Murray (Attendant), Jonathan Parham (Attendant), Annie Self (LPN), Renise Shobe

(Attendant), and Troina Westerfield (Attendant).

**We say farewell to:** Sandra Alonso (Housekeeper), Marita Blessing (Dietician), David Donald (Attendant), Cynequa Ervin (Attendant), Vicki Lee (Attendant), and Trinetta Vandever (Attendant).

Our condolences go to the family and friends of Lester Osborn (Steam Plant Operator) who passed away unex-

pectedly.

**Congratulations to Sharon Salinetro** on her promotion to Maintenance Repairperson!



## LCH Accepts Flu Vaccination Challenge

Joint Commission Resources (JCR), an educational, not-for-profit affiliate of the Joint Commission, has launched a **Flu Vaccination Challenge** to underscore the responsibility that hospitals have to keep their employees and patients healthy this flu season. The Flu Vaccination Challenge is designed to increase vaccination rates among health care workers. According to the Centers for Disease Control (CDC), in the 2005-2006 flu season, only 42 percent of surveyed health care workers received a flu vaccination. In recent years, flu

infections have been documented in health care settings, and health care workers have been implicated as the possible source of those infections.

**The flu is a serious disease that can be fatal.** The CDC recommends an annual flu vaccination for a number of groups at high risk of complications from the flu and those who are in contact with them. Since January 1, 2007, the Joint Commission has required accredited hospitals, critical access hospitals, and long-term care organizations to offer the flu vacca-

tion annually, on site, to all staff and licensed independent practitioners.

**LCH has registered for the Flu Vaccination Challenge**, which began September 1 and runs through the flu season to May 2009. Hospitals achieving a vaccination rate of 43 percent or more will be recognized for their dedication to helping keep their employees healthy and protecting their patients.

**Be sure to get your flu vaccination!**



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organizations may consider:

- Implementing a pharmacist-managed anticoagulation service.
  - Using, if available, computerized provider order entry and/or bar technology.
  - Performing an organization-wide risk assessment for anticoagulant therapy.
  - Using best practices or
- evidence-based guidelines regarding anticoagulants.
- Establishing organization-wide dose limits.
  - Clearly identifying syringes and other containers used for anticoagulant therapy.
  - Clarifying all anticoagulant dosing for pediatric patients.
  - Under the supervision of clinical staff, educating and

assisting patients who require anticoagulant therapy to practice administering their own medications. This will help reduce the risk of errors after discharge.

For more information on this Joint Commission Sentinel Event Alert, go to [www.jointcommission.org](http://www.jointcommission.org).



## Halloween Safety continued from page 1

Adults love to have as much fun at Halloween as the kids do. But make sure that you use common sense when you party.

- Keep an eye on the drinking. **Getting sick is no treat.**
- Take the keys from anyone who decides to drink. Have a **designated driver** or call a **cab**.

Even if you don't party, be

careful if you have to drive. **Be alert for kids** who may suddenly dart into traffic.

And don't forget the family pets.

- **Leaving pets outside on Halloween is not a good idea.** Some people can be vicious and hurt them. Or the animals could lash out if they become scared.
- Even though you think a

**pet costume** would look cute on your dog or cat, they might take exception.

- Set **jack-o-lanterns** away from dog tails and curious cats.
- Be sure your pet doesn't **dart out the door** when you open it for beggars.
- **Candy wrappers** can be dangerous if your pet ingests them. And **chocolate** can be deadly.



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- Research
- Treatment

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**October 2008**

## **Our Vision**

Our vision is to serve the citizens of Indiana as a center of excellence in mental health.

## **Our Mission**

Our mission is to provide specialized treatment, education, and research in the field of mental health.

### **Quote of the Month:**

"If a dog jumps in your lap, it is because he's fond of you, but if a cat does the same thing, it is because your lap is warmer."

Alfred North Whitehead



## **It's Open Enrollment Time!**

**Benefits open enrollment begins on November 3 and will continue through noon on November 24.** During this period, **every State employee must re-enroll** in order to secure their health benefits for 2009. For employees in the Indianapolis area, **three health plans** are being offered. All three plans are offered by **Anthem**; each plan was offered for 2008, and the plan designs have not changed.

**If you are considering one of the high deductible plans, make sure you understand how the plan and the accompanying health savings account work.** With the first pay in January, those with HDHP/HSAs will receive a lump sum contribution to their HSA of one-half the State's

annual contribution; the other half will be deposited in equal installments over 26 pays. The amount of the State's contribution varies, depending upon the health plan you select. Employees participating in HDHP plans must open an HSA in order to receive the State's contribution.

**If you commit to not using tobacco during 2009**, your plan's deductible will be decreased by \$500. However, if you agree but then fail to keep the commitment, you will lose the \$500 and be subject to discipline.

The **Delta Dental plan** remains the same with no cost to the employee. The **Eye Med plan** is once again offered at no cost for single coverage; the bi-weekly employee premium for family coverage is \$2.43.

Questions? Go to [www.in.gov/spd/benefits](http://www.in.gov/spd/benefits) or call 232-1167, 7:30 am to 5 pm Monday through Friday or email [SPDBenefits@spd.in.gov](mailto:SPDBenefits@spd.in.gov).

#### **Premiums** (employee's bi-weekly contribution):

	<u>Single</u>	<u>Family</u>
HDHP I	-0-	-0-
HDHP 2	\$19.32	\$47.58
Traditional II	\$62.73	\$184.86

#### **Annual deductibles** (with tobacco incentive):

	<u>Single</u>	<u>Family</u>
HDHP I	\$2,000	\$4,500
HDHP 2	\$1,200	\$2,900
Traditional II	-0-	-0-

#### **Annual Out of Pocket Maximums:**

	<u>Single</u>	<u>Family</u>
HDHP I	\$4,000	\$8,000
HDHP 2	\$2,400	\$4,800
Traditional II	\$2,000	\$4,000